

Public Law 103-251  
103d Congress

## Joint Resolution

May 16, 1994  
[S.J. Res. 146]

Designating May 1, 1994, through May 7, 1994, as "National Walking Week".

Whereas medical authorities have established that walking—

(1) powerfully protects against high blood pressure, cholesterol problems, and other factors that can contribute to heart disease;

(2) protects against adult onset (Type II) diabetes;

(3) builds strong bones and protects against osteoporosis, the weak-bone disease that afflicts millions of older women;

(4) probably offers protection against several forms of cancer that are believed to be preventable through regular and moderate exercise; and

(5) is a safe and dependable way for millions of overweight people to lose weight without stringent dieting;

Whereas the failure to exercise regularly, such as walking, has been identified as the single greatest risk factor for heart disease;

Whereas the designation of "National Walking Week" will help promote the issue of pedestrian access and safety;

Whereas areas of America are becoming inaccessible or unsafe for walkers, so the benefits of this activity are being blocked;

Whereas people should be able to walk anywhere in their community, within reason; and

Whereas walking encourages community spirit and safety: Now, therefore, be it

*Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, That May 1, 1994, through May 7, 1994, is designated as "National Walking Week". The President is authorized and requested to issue a proclamation calling upon the people of the United States to observe the week with appropriate ceremonies and activities.*

Approved May 16, 1994.

## LEGISLATIVE HISTORY—S.J. Res. 146:

CONGRESSIONAL RECORD, Vol. 140 (1994):

May 2, considered and passed Senate.

May 3, considered and passed House.